

THE CHANGE OF SEASONS

You will see lots of different kinds of weather over the course of the year, but have you ever wondered why the seasons change? The answers can be found in the way the Earth moves in relation to the Sun. As the Earth orbits the Sun, it is slightly tilted on its axis. The tilt means that, on any given day, the Earth is slightly pointed toward or away from the Sun. Depending on where you're standing on Earth, there are times your half of the world (called a hemisphere) is pointed toward the Sun. At other times, your hemisphere is pointed away from the Sun. As the Earth travels around the Sun over the course of a year and the tilt of its axis points your hemisphere toward or away from the Sun, you experience the changing of the seasons. Spring, summer, autumn or winter — each season provides its own unique delights and feelings within us.

When going into a new season, we are reminded that all life is impermanent. Fall and winter months bring family and friends closer together. Being in the presence of people you enjoy sparks feelings of hope, closeness, and joy. This fall, honor your body by deepening your connection with yourself and the people around you. Grab a friend or family member and explore what this fall season has to offer you. What scents remind you of this season? What things do you use or wear during this season? What foods or flavors remind you of fall? What things do you see? What noises do you hear? What are some ways you will enjoy this season? There are new routines, traditions and memories to be made, so make the most of this beautiful transformational season.

<https://wonderopolis.org/wonder/Why-Do-the-Seasons-Change>

Kathy Blevins - Recreation Program Coordinator
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Find Connection, Exercise Your Body and Mind and Have Fun!

The goal of the Virtual Center for Active Adults (VCAA) is to enrich the lives of adults in Fairfax County while combatting isolation.

Here you can connect with your peers, engage in a variety of activities and discover useful resources. Join live, interactive programs and engage with other adults.

Tai Chi Zumba Gold Fitness High Energy Aerobics Gentle Chair Yoga

Advanced Crosswords Arts for the Aging Virtual World Travers and MORE!

Follow this link to join any of these classes on a computer, smartphone, tablet: bit.ly/VCAAzoom2
 **Virtual Center**
for Active Adults

To join by phone, call 1-301-715-8592
Meeting ID: 905 123 5932#; Meeting password: 3636#

Lending a Helping Hand

Do you need help with raking leaves or maybe to check a few "to do" items off your list around the house? Call the Vienna Parks and Recreation Department for our Youth Odd Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors. The Town is not responsible for setting wage expectations.

Please call the front desk for more information 703-255-6360.

RECIPE CORNER

Cozy Autumn Soup



INGREDIENTS

6 cups vegetable stock (or chicken stock)
1 cup uncooked wild rice
8 ounces baby bella mushrooms, sliced
4 cloves garlic, minced
2 medium carrots, diced
2 ribs celery, diced
1 large sweet potato, peeled and diced
1 small white onion, peeled and diced
1 bay leaf
1 1/2 tablespoon Old Bay seasoning
1 (14-ounce) can unsweetened coconut milk
2 large handfuls of kale, roughly chopped with thick stems removed
fine sea salt and freshly-cracked black pepper

INSTRUCTIONS

1. Sauté the veggies. Heat (an extra) 1 tablespoon butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

2. Add base ingredients. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine.

Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt and pepper as need. Serve warm and enjoy!

December 7 is National Pearl Harbor Remembrance Day



Each year in the United States, National Pearl Harbor Remembrance Day honors all those who lost their lives when Japan attacked Pearl Harbor on December 7, 1941. More than 3,500 Americans lost their lives or were wounded on that solemn day. The day marked a turn in the United States' position regarding involvement in World War II. The Japanese attack damaged several battleships, permanently sinking both the USS Arizona and USS Oklahoma. Still, others capsized, taking crew members with them. One noted ship was the USS Utah. Along with naval vessels, the attack destroyed aircraft, too. As a result, the attack forced the U.S. into a war that had been raging for two years.

Organizations across the country honor the memory of Pearl Harbor with tributes; survivors share their stories and join in reunions. Traditionally the Flag of the United States is flown at half-staff until sunset to honor those who lost their lives serving this nation at Pearl Harbor.

Today, Pearl Harbor offers several sites in memory of those who served during the bombing. The Pearl Harbor National Memorial dedicates sites in memory of the crews lost on December 7th, 1941. For many of the crew of the USS Utah, USS Arizona, and USS Oklahoma, Pearl Harbor is their final resting place. The memorials serve as a place of honor to those service members lost during the attack.

Details about the 80th commemoration ceremony and other commemorative events will be provided on the official [Pearl Harbor Events page](#).

Tech Classes

Computer Maintenance

October 7-14

10:00 a.m.-12:00 p.m.

\$75 Residents/\$94 Non-residents

Decrease Your Telecom Costs

October 21

9:45 a.m.-11:45 a.m.

\$35 Residents/\$43.75 Non-residents

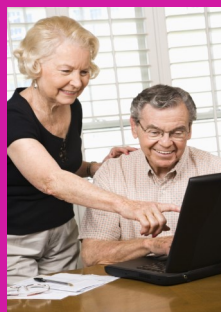
Buy/Sell on Ebay

October 5-12

3:15 p.m.-5:15 p.m.

\$75 Residents/\$94 Non-residents

Click [here](#) to register



Honey Facts:



- A single honeybee will only produce approximately 1/12 teaspoon of honey in her lifetime.
- * A single honeybee will visit 50-100 flowers on a single trip out of the hive.
- * If stored properly, honey can essentially stay good for decades, sometimes even longer.
- * Honey is the ONLY food that includes all the substances necessary to sustain life, including water.



Vienna Farmer's Market

The Vienna Farmers Market is a locally grown, local producer-only market.

Vendors must grow, raise, bake or make all products at the market that they sell. The Vienna Farmers Market is located at the Vienna Community Center parking lot, 120 Cherry Street SE.

Hosted by the Optimist Club of Greater Vienna, it is open from 8 a.m.– Noon Saturdays until November 6. The market features over 25 local vendors providing fresh produce, meats, homemade foods and HONEY!!

For more information call 571-354-6933

Save the Date!

**Mardi Gras
Celebration**
February 17, 2022



TOWN CLEAN UP DAY!

NOVEMBER 6 9 A.M.-12 P.M.
Location: Vienna Town Green

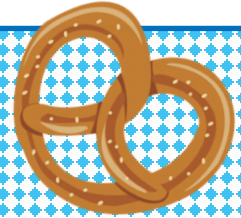
For more information call 703-255-6336
Come out and volunteer!!



UPCOMING EVENTS



Oktoberfest



Saturday, October 2 11am-7pm

Historic Church St.

Drinks, food entertainment, and games for families.

Sponsored by the Vienna Business Association and Town of Vienna



Vienna's 75th Annual HALLOWEEN PARADE

"The Roaring Twenties"

Wednesday, October 27

7:00 p.m. along Maple Avenue

Check out www.viennava.gov/Halloween

For Details and Road Closures

VIENNA PARKS AND RECREATION AND THE SHEPHERD'S CENTER OF NORTHERN VIRGINIA
PRESENT



A BOUNTIFUL HARVEST





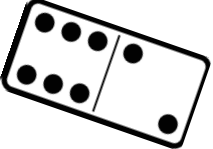


November 18 12 p.m.-2 p.m. Vienna Community Center

Food and friendship add to the joys of the Thanksgiving Holiday. You are invited for turkey and all the fixings prepared by Davis Career Center followed by entertainment from Award-winning actress and Smithsonian scholar- Mary Ann Jung. Come celebrate everything you are thankful for. Registration: \$15 per person
Pre-payment is due by November 5th. To register call the Shepherd's Center (703)281-0538.

MATURE ADULT DROP IN

This is where we play!!!

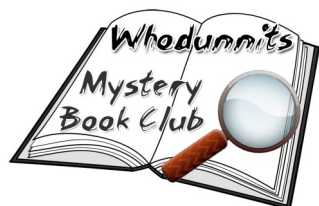
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Table Tennis 8:00am-9:00am	Table Tennis 8:00am-9:00am	Table Tennis 8:00am-9:00am	Table Tennis 8:00am-9:00am	Table Tennis 8:00am-9:00am
Pickle ball 11:00am-1pm	A Stitch in Time- Knitting Circle 1pm-4pm	Chess Club 10am-12pm	Mah Jongg 12:30pm-4pm	Pickle ball 11:00am-1pm
				Dominoes 1pm-4pm
Scrabble 1pm-4pm		Pickle ball 11:00am-1pm		



Register for a Free Hearing Screening @ VCC

Northern Virginia Resource Center for Deaf and Hard of Hearing
Persons will be offering free 30-minute hearing screenings
at the Vienna Community Center on October 25 and November 1.
COVID safety protocols will be followed.
No hearing aid sales are involved. To schedule an appointment call

703-255-7801



Mystery Monday Book Club @ VCC

3rd Monday of each month

11:30 a.m.-12:30 p.m.

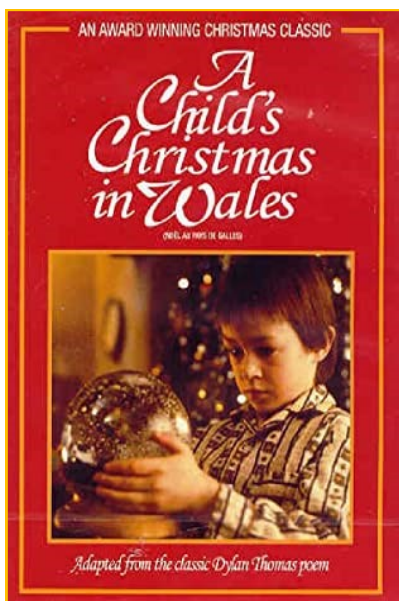
Mysteries will include amateur sleuths, police procedurals, the occasional spy thriller, and maybe a space mystery! Enjoy good conversation about Mystery novels and expand your reading selections in discussions led by a Patrick Henry Library staff member.

October 18- *Storm Front* by Jim Butcher

November 15- *Everywhere That Mary Went* by Lisa Scottoline

December 20- *A New York Christmas* by Anne Perry

VIENNA THEATRE COMPANY PRESENTS:



A Child's Christmas in Wales

Adapted by Jeremy Brooks and Adrianb Mitchell Based on a classic by Dylan Thomas
Directed by Jessie Roberts

7 p.m.— Fridays and Saturdays Dec. 3, 4, 17, 18
tickets \$15

2 p.m.— matinees: Sunday Dec 5, 19
(young audience version) tickets \$10

10 a.m. matinee: Saturday Dec. 18
(young audience version) tickets \$10



Tickets go on sale Nov. 1 for in-town residents— online or in person

UPCOMING LECTURES YOU DON'T WANT TO MISS

Monday, October 4– Retirement Income Planning

10:00 a.m.-11:00 a.m.

Tuesday, October 12– Breathing Exercises for Brain Potential

10:00 a.m.-11:00 a.m.

Thursday, October 14– Investing in Real Estate

10:00 a.m.-11:00 a.m.

Monday, October 25– The Probate Process in Fairfax County

10:00 a.m.-11:00 a.m.

Thursday, November 18– ZOOM®–How to Use it

10:00 a.m.-11:00 a.m.

**We ask that you register to attend these free informative lectures.
It is very helpful if you reserve your space in order for us to know how many to expect. It also
allows us to call you when a program is cancelled due to low enrollment
or presenter illness.**

[CLICK HERE TO REGISTER](#)

**Join us for an excursion
and join the fun!**



Winery at Bull Run

October 20 10:00 a.m. - 2:00 p.m.

Fee: \$63 residents/\$78.75 non-residents

National Museum of the United States Army

November 10 9:30 a.m. - 2:00 p.m.

Fee: \$35 residents/\$43.75 non-residents



Amish Country Christmas

December 1 8:00 a.m. - 8:00 p.m.

Fee: \$119 residents/\$148.75 non-residents

Registration begins November 1

"White Christmas" Toby's Dinner Theatre

December 15 9:30 a.m. - 4:30 p.m.

Fee: \$103 residents/\$128.75 non-residents

Registration begins November 1



Click [Trip Registration](#)



Church St. Stroll

November 29

6:00 p.m.– 8:30 p.m.

On Church Street –in front of the Freeman Store

Enjoy live holiday music from local groups, a tree lighting lead by Mayor Linda Colbert, and great deals from local Church Street Businesses! Visit historic sites such as the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church) and Vienna Presbyterian's Old Chapel.

For more information:

call Historic Vienna at 703-938-5187 or visit historicviennainc.org

Town of Vienna Parks and Recreation

Vienna Community Center

120 Cherry St. SE

Vienna, VA 22180

Front Desk: (703)255-6360

Park Maintenance: (703)255-6336

Vienna Police Non-Emergency (703)255-6366

TOWN OF VIENNA PARKS AND RECREATION

Creating community through people, parks and programs



TOWN OF
VIENNA
Parks and Recreation